

STOPPING SCHOOL VIOLENCE

What can you do?

Even though schools can be very safe places, violence among young people is still a problem. Violence is the use of force against a person or a group of people that may lead to an injury or death. Violence is also if someone says he or she plans to use this kind of force. Violence does not just involve school shootings, even though these tragic events get a lot of media attention. Violence includes physical fights, bullying, threatening words, attacks with or without weapons, and gang violence. If you ever feel that you are in danger, tell an adult at school or the police right away!

What can lead to violence?

- ✧ Seeing violence at home, in the neighborhood, or in the media.
- ✧ Seeing violence on TV, and in movies and video games.
- ✧ Being able to get a hold of weapons.
- ✧ Being a member of a gang.
- ✧ Pressure from friends who use violence.
- ✧ The need to punish those that hurt you or someone you care about.
- ✧ Wanting to control others to get what you want.
- ✧ Low self-esteem.
- ✧ Not doing well in school.
- ✧ Racism.
- ✧ Anger or frustration.

Signs that someone can turn violent

- ✧ Talking about plans to hurt others.
- ✧ Carrying a weapon.
- ✧ Damaging other people's property.
- ✧ Increasing drug and alcohol use.
- ✧ Taking more risks than usual, such as having unsafe sex.
- ✧ Losing his or her temper on a daily basis.
- ✧ Getting into physical fights often.
- ✧ Enjoying hurting animals.

Tell an adult right away if someone talks about plans to hurt other people or hurt himself or herself

What can you do to help stop violence?

- ✓ Do not carry a weapon to protect yourself and stay away from people who do.
- ✓ If your parents have a gun, ask them to lock the empty gun and bullets separately.
- ✓ Don't spend time alone with people who seem violent.
- ✓ Stay away from situations that you think may turn violent.
- ✓ Stay away from gangs.
- ✓ Avoid alcohol and drugs.
- ✓ Join a violence prevention group at school or in the community.
- ✓ Use talking instead of fighting to solve problems.
- ✓ Check out school programs that can help you learn to manage your anger.
- ✓ If you have been getting into trouble, find positive ways to spend your time.
- ✓ Tell a trusted adult if you are feeling angry or violent. It is important to get help and feel better before hurting yourself or someone else.



Visit www.GirlsHealth.gov for more information!

U.S. Department of Health and Human Services, Office on Women's Health